



EAT RIGHT

F O R L I F E

Become More Healthy... Be at Your Best Weight

What has weight got to do with your heart?

Overweight people have higher blood cholesterol numbers and higher blood pressure. If these numbers get too high you may have a heart attack or a stroke. You can lower these numbers when you lose weight if you are overweight. Being overweight makes your heart work harder. This is because the heart has to work harder to pump the blood through a larger body.

How can you lose weight?

Your body uses calories to keep you alive. It needs them to breathe, to digest food, and to stay healthy. These calories can come from one of two places: from your food or from the fat in your body. If you eat fewer calories, your body will take its calories from your body fat. You can also burn off extra calories by exercising.

How can you eat fewer calories?

- Choose foods that are lower in fat.
- Choose foods that are lower in sugar.
- Fill up on foods that are higher in fiber.
- Eat smaller servings.

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Choose foods that are lower in fat:

lean meats, fish, and poultry without skin

instead of hot dogs, luncheon meats, or fatty meats

low-fat products like skim or low-fat milk, yogurt, reduced-calorie cheese, and nonfat sour cream

instead of whole milk and milk products like cheese, cream cheese, and sour cream

light salad dressings and light mayonnaise

instead of regular salad dressing and mayonnaise

fresh fruit, pretzels, and sherbet

instead of high-fat snacks like potato chips, ice cream, and cookies

roasted, baked, and steamed foods

instead of fried foods